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MTHFR	[illegible] - [illegible]	C677T (rs1801133) [illegible] A1298C (rs1801131).	[illegible] C677T [illegible], [illegible] ([illegible]) [illegible]—[illegible] 5-[illegible] (5-MTHF) [illegible]
MAOA	[illegible] — [illegible], [illegible]	MAOA-uVNTR [illegible].	[illegible] MAOA [illegible] = [illegible] MAOA [illegible] = [illegible]
BDNF	[illegible]-[illegible] — [illegible]	Val66Met (rs6265)	Met [illegible] BDNF [illegible] BDNF [illegible]—[illegible] '[illegible], [illegible] Met [illegible]
CYP2D6 / CYP2B6	[illegible]450 -- [illegible]	[illegible], [illegible], [illegible], [illegible]	[illegible], [illegible] ([illegible] CYP2B6 [illegible])[illegible], [illegible] '[illegible]

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[illegible] 5-7 [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible] [illegible]	[illegible]	[illegible]
L-[illegible]	500–2000 [illegible] [illegible]	[illegible], [illegible] [illegible]	[illegible] [illegible] 500mg [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible] [illegible]-[illegible] 30 [illegible] [illegible] [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

			[illegible] PKU [illegible] MAOIs [illegible]

4.3 — [illegible]: [illegible]

[illegible] — [illegible] — [illegible]

[illegible] 2 [illegible] — [illegible], [illegible] '[illegible]

[illegible] "[illegible]" [illegible]: [illegible], [illegible], [illegible] '[illegible]' [illegible]-[illegible]

[illegible]	[illegible]	[illegible] / [illegible]	[illegible]
[illegible] (UMP)	[illegible] 1/[illegible] 2 [illegible]; [illegible]	250-500 [illegible], [illegible]	[illegible] '[illegible] (receptor upregulation) [illegible]-3 DHA [illegible] "[illegible]": [illegible] + DHA + [illegible], [illegible] (neuroplasticity) [illegible] (stimulant recovery) [illegible]
[illegible]-3 ([illegible]-[illegible])	[illegible] — [illegible] '[illegible]	2-4 [illegible] ([illegible]-[illegible] 1 [illegible] DHA)	[illegible] BDNF [illegible]-[illegible] — [illegible]
CDP-Choline ([illegible])	[illegible]	250–500 [illegible]	[illegible]

	[illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible], [illegible]	[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

	[illegible]; [illegible]-[illegible]; [illegible].	[illegible] / 1% [illegible]), [illegible]	[illegible] [illegible] [illegible]

[illegible] 15-20 [illegible] [illegible] [illegible]

			[illegible]
[illegible]	[illegible]	[illegible] 1-3 - [illegible] (10 [illegible], [illegible] 6 [illegible])	[illegible]
[illegible]	HGF/c-Met [illegible]	[illegible] 2–6 - [illegible]	[illegible]

[illegible] 5 - [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—D2 [illegible] [illegible], BDNF-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]—[illegible] [illegible] '[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

			[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]	3-5 [illegible]	[illegible] [illegible] 30 [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
L-Theanine	200–400mg	[illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]	480mg [illegible] [illegible] [illegible] 240ml [illegible]	[illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 6 — [illegible] [illegible]: [illegible] [illegible], [illegible] [illegible]

[illegible] — [illegible] [illegible] [illegible]-28, [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

6.2 — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

		[illegible] [illegible]	[illegible] [illegible] [illegible]

[redacted] 2 - [redacted]

[redacted]

[redacted] 3 - [redacted]

[redacted]:

- [redacted]
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- [redacted]
- [redacted]

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